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“It’s So Easy Not to Try”

Tuesday, March 16, 2021



"Let the world go drifting by." That was the song in my head when I opened my eyes yesterday. (link at end)

The world looked gloomy with so much cloud-cover obscuring the sun. Why not just stay in bed and watch the rest of the movie that I missed last night when I fell asleep before the end. The “why bother” attitude was threatening to take over.

The day before I had gotten out bed happy. I am a morning person after all and the sun was shining. I got my coffee that DH has ready for me every morning and began to plan my day. Then I dumped my coffee all over myself and the couch I was sitting on.

You really can’t tell what the day will bring by how it starts out. That’s true for the day, week and longer time frames as well.

What I CAN do is continue to try. I can do things to make it better I got out of bed. Got my coffee and CAREFULLY put it on the table.

I logged into Spark, and spun that wheel. 190 days? Look at that. I’ve been back for over 6 months. I filled in my nutrition tracker with my food plan for the day. I wouldn’t have done that 6 months ago. Very grateful for the support I found here to shed those early pandemic pounds.

I checked in with teams and teammates. Not all as active as they used to be, but still regulars like me spinning the wheel for team points.

I looked at the main list of blogs being posted one after the other. Gee, some people really get up early or they are just live in an earlier time zone than I do.

I recognize some names and some unfamiliar ones too. There are a variety of titles. Some have written cheerful, uplifting messages. Some are describing struggles and sadness. Some made me laugh out loud.

I finished with an awareness that some were having a wonderful day and some not so much. Many successes but also disappointments were chronicled there. I added my comments to let them know their words were heard.

It always brings home to me how diverse this Spark World is in location, age, and life experience and yet here we all are on the same journey to a healthy lifestyle.

By now I was feeling better. It may be “easy not to try,” but I’ve been there and I don’t like the result. I didn’t spill my coffee this morning, but I did take note of the message on the cup.

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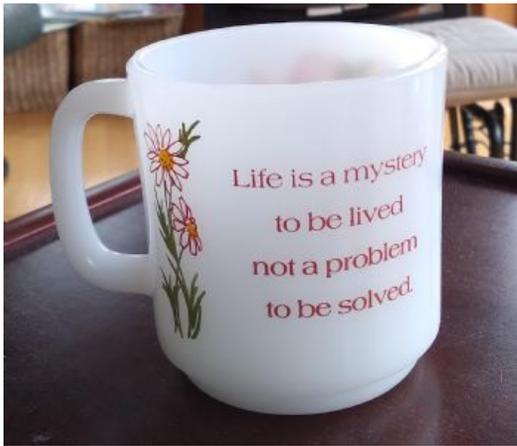
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A friend gave it to me long ago when we had 7 children between us, all under age 8. Today It will help me remember, recharge and refill my cup of hope as I try to make it a better day for myself and others.

The song in my head was from the same era as the cup and not well known. It was performed in the animated Hobbit trilogy in the late 70s. The scene was during a moment of doubt.

Was it worth it to continue the journey with all the obstacles in the path ahead? Of course it was.

www.youtube.com/watch?v=xBJHmesNz8Q

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Member Comments About This Blog Post



MTN_KITTEN

I'm trying to refill my own cup.



77 days ago



NANHBH

Great song. I've never heard it before.



78 days ago



JOHOPES

I really appreciate your uplifting words and posts!



78 days ago



RAZZOOZLE

Such a great blog. Attitude is so important. If you believe you can have a great day, you most



likely will. Love the cup.

78 days ago



ALICIA363

What a great message! Thank you.

Why yes, I do get up very early every work day. Exercise won't get done if I don't. Think 4 a.m.

Another decade to (hopefully) retirement.

Love the message on the mug.



80 days ago



THINCP2004

Never stop moving pushing or even pedaling forward! I hope the rest of your day was great!

Well Said!

80 days ago



AQUAGIRL08

I was born being a problem solver. My parents used to call me the "Why?" Child. I'm constantly trying to figure things out and understand the un-understandable. I am really working on just enjoying the moment and living every moment without so much worry.

80 days ago



SLENDERELLA61

Great blog. Totally agree. Been there, came to the same conclusion, loved the way you put it into words.

80 days ago



COMPUCATHY

I like that...as a "problem solver"...it gives me the insight that I don't have to solve everything...just live life and enjoy it! Thanks so much! Keep up the good work! Thanks for the

encouragement! Spark on!

80 days ago



DARCY-B

It is! I mentioned something related in my blog today. Have a great day!

80 days ago



1ZIPPYC

Some days are like that and as long as you don't get stuck in that groove, it's ok to just chill. Let the world drift by. Recharge your batteries, rest up, enjoy that movie.

Glad you came back to SP and to gain a new sparkfriend! SP has helped me through a lot over 10

years.

81 days ago



SHAKERATTLEROLL

"People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed. Never throw out anyone." — Audrey Hepburn

81 days ago



AZMOMXTWO

this is a wonderful blog you give me things to think about

81 days ago



SUNNYBEACHGIRL

Some days you get cherries and some days just the pits. During the down times I find that my anxieties have been ratcheting up and a day being slower helps me to recharge. It has been a lot of work to keep from staying in a down mood

Today is sunny and life seems good

81 days ago



PATRICIAAK

Why bother and 'Let the world go drifting by' (ie perceived obstacles) = victim status. Using what's there instead as stepping stones = victor status and progress for a better future.

Thanks for your wonderful blog of being real while giving hope with the acknowledgment of choice.

81 days ago



KITTYHAWK1949

So true. That is a lot of the regain when I stop trying.



81 days ago



NETTY129

Wonderful blog!!! And I love the mug!!! Have a beautiful day!

81 days ago





RACHNACH



81 days ago



NGCHILD

Love this! My day begins similar to yours. I have a variety of spark friends, however most aren't active any longer. It makes me worry about them but I have to let it go and pray they come back or that they are doing ok.

Have a wonderful day!
81 days ago



LORIF18

I couldn't love this blog post more. You are a wonderful writer. Have a great day!
81 days ago



RHOOK20047

I do all my SparkPeople stuff in the morning before I start work and go back and check in later to my teams to see what updates there might be. I am a creature of habit so most of my days are the same. How I face them may be the difference
82 days ago



JUNETTA2002

Thanks for sharing
82 days ago



PLCHAPPELL

We keep moving regardless of the stuff.
82 days ago



DESIREE672

You've put a fresh spin on starting the day. That translucent mug is very pretty!
82 days ago



LIS193

Hope today starts off better!



82 days ago



ETHELMERZ

Hope the next day is better, but glad to have a washing machine for the spills.
82 days ago



RKOTTEK



82 days ago



GREYDOLPHIN

My theory is to never give up and to try to keep a youthful attitude. Don't concede. It's been grey here today, but the forecast for tomorrow is sunny. Can't wait. And spring will be here soon. Love your blog today.
82 days ago



SAMMILESSACH

Awesome!!!!

My life right now has lots of unknowns, I try to keep that private and just concentrate on the health aspect when in Spark.

I too look at popular blogs of the day and glance at older blogs of my new Sp. Friends see where they were when their spark journey started see what worked for them, what didn't? Can I use or practice what worked for them?

What amazes me all the different ages, locations of everybody! Like you said we are all here for our health! All of us need each other!

You are amazing! Do not let one day go by with your knowing that!
82 days ago





MARYJEANSL

I love the song - I come from a family of LOTR fanatics.



I have to keep fighting against the 'why bother' attitude myself. It will always be a struggle for me, I know.
82 days ago



BKNOCK



82 days ago



HARROWJET

I like that mug.
82 days ago



MSMOSTIMPROVED

I appreciate the sentiment on the mug. It doesn't always feel that way in the moment. We really need reminders.
82 days ago



DOVESEYES



it is great to have a platform to share the great and the small ... the sad and the happy times of our lives with each other :)
82 days ago



DARLENEK04

I didn't remember the song, but I have had another one running thru my head all day...

Dedicated to the One I love by the Mama's and the Papa's.....heard it on the truck radio the other day and it is stuck in there...lol

So many Spark people, so many lives, the same yet so different.....

En
joyed your blog...
82 days ago



LINDA!

Yes, every day I know that I have to do something healthy. I exercise, drink water and go for freggies...it makes me feel good to think a day doesn't go by without something positive being done.
82 days ago



WOOFERCOALBOY

I managed to make myself do some exercise in bed, before getting up. I really ought to do this daily.
82 days ago



ALIHIKES

What a great blog. Yes this is a community from all over. Most of us are here because we are trying to improve our health. I love how many people try to problem solve and help each other. All of us have days where we face challenges or problems, but together we can lift each other up.

I loved listening to the song, I had missed it when it was first released.
82 days ago



POLSKARENIA

We need to keep bothering in a tribute to those who gave so much so that we are able to ponder this...
82 days ago



BJAEGER307

You are so right, it is very easy not to try. Very well written blog today!
82 days ago



WHYNOTTRY45



82 days ago





PHEBESS

We bother because we're human. If we didn't care about getting up and getting a meal, or doing something with our day, we'd be someone's pet. (If we were wild animals, we'd be up and looking at foraging or huntin' for a meal.)

I feel your annoyance with the coffee. We went out to lunch today, first time in a long time. And of course I dropped something on my shirt and it left a grease mark. Sigh.
82 days ago



ALEXSGIRL1

Beautiful song message and blog
82 days ago



PHOENIX1949



82 days ago



PATRICIA-CR



Yes, I love SP. Such variety to embrace And yes, we gotta keep pushing even if with small steps. As Mother Teresa said, 'When you can no longer trot-walk. When you can no longer walk-grab a cane and keep on going. Never stop yourself.'
82 days ago



NANANANA



Interesting thoughts. "Why bother" is a common problem at times.

Your spilled hot coffee reminded me of the time my husband fixed me some tea early in pregnancy. To be nice, he put the cup on a saucer. As he handed it to me, in bed, the cup slipped pouring very hot tea on me. He grabbed the cup while I rushed to the bathroom to pour water down my nightie. Then he apologized because he had to dash off to school. I wrapped my breasts in wet towels and took 2 bowls of cool water for my hands. I spent the morning on the sofa soaking the burns. A neighbor checked on me replacing the water. By lunch time, I felt safe to remove the water and have lunch. My quick action prevented any lasting effects.
82 days ago



KOHINOOR2



Thank you for sharing!

82 days ago

Comment edited on: 3/16/2021 4:36:41 PM



SCDALYNCH

Yes life certainly is a mystery..... that also includes problems. Some we create for ourselves and some that are brought to us by others or events.

Today i am living my mystery and my problems are getting to wait.

Well written. Thank you



Happy St. Patrick's Day tomorrow! Perhaps you will find your pot of gold!!
82 days ago



HARRIETT14

Memories can be good as well as bad. I for one am very happy that I joined Spark back in 2011. I may have my ups and downs but I usually stop my picking before it's too late. I never heard of your song but have several of my own which pop into my head and I come out singing before I know it. As usual I have enjoyed your blog.
82 days ago



WATERMELLEN

That song's new to me!!

And I'm really glad that you keep on trying and sharing the results with us!!
82 days ago



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